

NEVER SHAKE A BABY

All babies have very heavy heads and very weak necks muscles. If a baby is shaken or tossed, his head wobbles back and forth, slamming the baby's fragile brain against the inside of the skull. Some children die from shaking...and for every death there are four or five more who suffer serious injuries – like blindness, deafness, brain damage or paralysis.

Your baby probably cries a lot, like all babies. Babies cry to let you know they are hungry, thirsty, wet or maybe has a tummy ache. It is hard to listen to your baby cry. But don't take it personally – your baby may cry no matter what you do. If your baby can't stop crying, call your doctor to rule out any medical problems.

If your crying baby makes you feel frustrated or angry...give yourself a break. Put the baby in the crib and go into another room. Call a friend or relative to watch the baby while you go for a walk. Do whatever it takes so you can calm down. Remember...***Never Shake Your Baby!***

Remind your other children, your partners, relatives and anyone who takes care of your child to “Never Shake Your Baby!”

Call the Family Help Line 1-800-932-HOPE

Parent Trust for Washington Children

**Hurt Lasts a Lifetime.
Every Child Matters, Every Person Helps.
Together we can prevent child abuse.**